

**NOR-CAL SUPERLEAGUE SHORT COURSE CHAMPIONSHIP  
TRIALS & FINALS**

**PLS, SMST, TERA, PASA, SRN, NBA, DAVIS, SCSC**

Hosted by the Santa Clara Swim Club

February 9-10<sup>th</sup> 2013

**SANCTION:** Held under USA-S / Pacific Swimming Sanction # **13-036**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**Use of Audio and Video:** Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms.

**OFFICIALS:** Meet Director: Stella Ezrre [sezrre@santaclaraswimclub.org](mailto:sezrre@santaclaraswimclub.org) 408-512-2085  
Head Referee: Millie Nygren  
Head Starter: Rebecca Landre  
Head Marshal: John Golos

**LOCATION:** George Haines International Swim Center, 2625 Patricia Drive, Santa Clara, CA 95051.

**PARKING:** Limited parking is available in the parking lot adjacent to the pool. DO NOT PARK IN THE LIBRARY PARKING LOT. When parking in the neighborhood, please be respectful to our neighbors and not block their driveways. NO OVERNIGHT PARKING OR RV PARKING IS PERMITTED.

**COURSE:** 50 meter x 25 yard outdoor, heated pool. Both Trials and finals will be run short course. Up to 16 competition lanes will be used for prelims, 10 lanes for finals, if necessary there will be a girl's end and boy's end finals. The minimum water depth at the start and turn ends of this pool is in accordance with article 103.2.3. The depth is from 5 ft. to 7 ft. A warm-up area will be available during the meet. Pool Certification; In accordance with Article 104.2.2C (4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** PRELIMS - Warm-up at 7:30 a.m. – 8:45 a.m., competition begins at 9:00 a.m.  
FINALS - Warm-up at 2:45 p.m. – 3:45 p.m., competition begins at 4:00 p.m. or at a time agreed upon by a majority of coaches in conjunction with the Meet Referee and the Meet Director.

**RULES:** Current USA Swimming (USA-S) and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the venue. Swimmers may compete in three (3) individual events per day and two (2) relay events per day. All coaches and deck officials must wear their USA-S membership cards in a visible manner.

**SPECIAL RULES:** TRIALS: The last three heats of each event will be circle seeded with exception of any events identified as timed finals.

FINALS: Consolation and championship finals will be held, in that order (20 spots). If you are one of the 20 finalists, you will be seeded in finals unless you scratch during the appropriate time. Alternates will not be penalized. Swimmers will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties.

RELAYS: Relays will be conducted during finals with a 5 minute break after the 200 relays and after a 5 minute break before the 400 relays.

1000 FREE: Will be conducted as a timed final swimming at the end of prelims seeded fastest to slowest alternating women/men.

**COACHES:** All coaches must sign in at the meet and present their registration card. Coaches listed as "Expired" on the list or who have no card and do not show up on the "Registered" list will be told that they must remove themselves from coaching swimmers on the deck. The Meet Director or Meet Referee will assign the affected swimmers to a certified coach.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**RESTRICTIONS:** -Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas and in all areas used by swimmers during the meet and during warm-up periods.

-Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.

-No pets or animals allowed in venue except for guide dog.

-Glass bottles / containers are prohibited in all areas of the meet venue (except for snack bar use).

-No electric or propane heaters / containers or similar devices including gasoline powered generators, other than provided for meet operations, are allowed in any areas of the meet venue.

-Except for coaches' seating next to the pool no chairs, canopies, tents, or "camping" in the competition pool area. All swimmer and spectator chairs, canopies, tents, or other set-ups must be outside the competition pool gates and on the lawn only.

**UNACCOMPANIED SWIMMERS:** Any swimmer entered in the meet who is unaccompanied by a USA Swimming member coach must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to insure compliance with this requirement.

Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

**ELIGIBILITY:** Meet is open to all qualified swimmers registered with one of the invited teams. Swimmers must be current members of USA-S and must enter their name and registration number on the meet entry card, or online, as shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registration against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Disabled swimmers from those teams are welcome to attend this meet and should contact the Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy.

**ENTRIES:** A Hy-Tek entry file must be submitted to by Monday, February 4, 2013. Request a confirmation of receipt to ensure delivery of the email / file. Send meet entry file to [sergey@fastlanetek.com](mailto:sergey@fastlanetek.com)

**ENTRY FEES:** There will be no entry fee for individual athletes. Teams will share the meet expenses equally.

**CHECK-IN:** The Trials session of this meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. The close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of an event. No event shall close more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

**SCRATCHES:** In meets holding trials and finals, a modified version of rule 207.12.6.B and 207.12.6.C will apply to a swimmer failing to compete in a trial heat for which he has not scratched and is seeded to swim. The modified version of this rule will allow the Clerk of Course to check scratches at the check-in table for deck-seeded meets. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.12.6.C. 207.12.6.C states that, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.12.6.A and 207.12.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next days events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.12.6.E).

**TIMERS:** Each team is required to provide timers - three timers per lane.

**SCORING:** Individual- 24,21,20,19,18,17,16,15,14,13,11,9,8,7,6,5,4,3,2,1. In each individual event, only 3 swimmers per team can score points. Relays- 36,30,28,26,24,22,20,18,16,14,12,10,8,6,4,2. In each relay event, up to 2 relays from a team can score points.

**AWARDS:** None.

**ADMISSION / PROGRAMS:** Free admission. No programs will be available. Heat sheets will be available electronically and should be printed prior to arrival at the meet.

**HOSPITALITY:** Light snacks & beverages will be served to deck officials, marshals, coaches and timers (during their shifts only).

**SNACK BAR:** A “full service” snack bar with hot food will be available during the meet.

**EVENTS:**

<b>Women</b>	<b>SATURDAY</b>	<b>Men</b>
1	200 F.R. (swum in finals)	2
	5 min. break	
3	200 FREE	4
5	100 BACK	6
7	100 BREAST	8
9	200 FLY	10
11	50 FREE	12
13	200 IM	14
15	1000 FREE	16
	5 min. break	
17	400 M.R. (swum in finals)	18
<b>WOMEN</b>	<b>SUNDAY</b>	<b>MEN</b>
19	200 M.R. (swum in finals)	20
	5 min. break	
21	500 FREE	22
23	200 BACK	24
25	100 FREE	26
27	200 BREAST	28
29	100 FLY	30
31	400 IM	32
	5 min. break	
33	400 F.R. (swum in finals)	34